

March 2024

The **FUN** Starts **HERE!**



Port Angeles Senior Center

328 E. 7th Street, Port Angeles, WA 98362

Phone: 360.457.7004

www.portangelesseniorcenter.com

PASC HOURS: Mon - Fri, 8:30 AM - 4:00 PM

KOFFEE KORNER HOURS

Mon - Fri, 8:30 AM - 2 PM

COMPUTER CENTER

Mon - Thur, 11 AM - 3 PM

PASC ST PATRICK'S DAY

LOBBY PARTY

Friday, March 15

11:30 AM - 1 PM

Join us for a Shamrockin' Good Time! Enjoy a delightful spread of goodies Sponsored by Meldrum Insurance. Join us for laughter and the luck of the Irish! Let's celebrate the spirit of St. Patrick's Day together! Don't forget to wear your green and join in the festivities!

Sponsored by Meldrum Insurance



CRAFTY CORNER SALE

CRAFTY CORNER is excited to announce they are hosting a sale of items from the craft shop on Friday, March 15th, from 10:00 to 2:00 PM! We hope to see you there.

NEW MEMBER BREAKFAST

Monday, March 4th at 9 AM

Are you new to the senior center? Come out to meet other new members, enjoy some coffee and muffins, and learn more about programs and offerings here at your center. During this time, you'll have a chance to ask questions, meet our center's manager and board members, and connect with others.

COMMUNITY PARTNERS SPOTLIGHT SPEAKER SERIES

FEIRO MARINE LIFE CENTER

Monday, March 4, 1:30 PM

Join us for a presentation from Melissa Williams, Executive Director of Feiro Marine Life Center on Monday, March 4th at 1:30pm. Did you know that Feiro Marine Life Center opened its doors more than 43 years ago and offers programming for people of all ages? Come out and learn about Feiro's current offerings, especially for adults, and the new and exciting building project.

FREE

TAX PREPARATION AVAILABLE HERE!

**Mondays, 9 am - 3 PM,
through April 15
(By appointment only)**



Have your tax return prepared at PASC again this tax season! IRS-certified AARP TAX-Aide volunteers will prepare and electronically file your tax return for you. More info is available on page 5 in this newsletter.

PAINT & SIP

Monday, March 18th

4:30 - 6:40 PM, \$35 per person

Join us for a creative escape at an upcoming Paint & Sip class. Unleash your inner artist as you craft a vibrant floral crocus masterpiece, guided by the talented instructor, Monica Quarto. Grab your friends and enjoy an evening of artistic expression, herbal teas, laughter, and a touch of relaxation – no experience required! Sign up by emailing monicagquarto@olympus.net





Catching up with Carmen

Greetings!

As we bid farewell to winter, we welcome the warmth and vibrancy of spring! March is packed with delightful events, trips, and programs to make your days brighter and more engaging.

Embrace the changing season as we look forward to longer days, blooming flowers, and the refreshing spirit of spring. Let's celebrate the beauty of nature together!

Don't forget to set your clocks forward on March 10th as we spring forward into brighter evenings. Enjoy the extra daylight and make the most of your afternoons with friends and activities.

Get ready to don your green attire and join us for a festive St. Patrick's Day Lobby Party on March 15th. Enjoy the lively atmosphere and perhaps a touch of Irish luck!

March is the perfect time to get involved in the various community programs we offer. Whether it is volunteering, joining the center, or participating in programs, there are plenty of opportunities to engage and make lasting connections.

We're committed to making your experience at PASC enjoyable, safe, and fulfilling. Thank you for being an integral part of our community. Let's make March a month to remember!

Warm regards,
Carmen Geyer
Senior Center Manager



TUNA DRIVE

Support the Port Angeles Food Bank's tuna drive at the senior center! Join us in making a difference by donating cans of tuna through April 1st. Your contribution will help provide essential nutrition to those in need within our community. Let's come together and make this year's tuna drive a success!

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The Port Angeles Senior Center is neither legally responsible for, nor does it guarantee or endorse, any product, service or program published in the newsletter. The content of the *Port Angeles Senior Times* is intended for the reader's convenience and information.

PORT ANGELES SENIOR CENTER MEMBERSHIP

Membership: open to anyone 55 and over

Annual Dues: \$16 City residents: \$25 for all others

Associate Membership: age 45-54

Annual Dues: \$18 City residents: \$27 for all others

Office Hours: Monday thru Friday, 8:30 AM to 4:00 PM

-- CLOSED HOLIDAYS & WEEKENDS --

Telephone: 360.457.7004

Website: www.portangelesseniorcenter.com

PASC Staff: Carmen Geyer - Manager

VOLUNTEER BOARD OF DIRECTORS

The meetings are open to Senior Center Members for observation and agenda suggestions.

President: Janice Etherton

Vice-President: Dot Halbach

Secretary: Dianne Williams

Treasurer: Karen Wolf

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Candice Bullard
Paul Collins
Linda Cooper
Judy Gleaton

Elyse Grosz
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Connie Panike
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Cecilia Stevens

PASC BOARD OF DIRECTORS
Next Meeting - Tuesday, March 12, 9:30 AM

CENTER OPERATION The PASC is cooperatively run by the City of Port Angeles & the Senior Center Board. Programs and services are self-supporting.

MARCH NEWSLETTER SPONSOR UPDATE

Assured Hospice

Callis & Associates Insurance

Dungeness Courte Memory Care

Jim's Pharmacy

Meldrum Insurance & Long Term

Care Financial Services

Park View Villas

Reetz Insurance Services

Ridgeline Homecare Cooperative

Tracy Wealth Management

NEWSLETTER VOLUNTEERS

Production: Candice Bullard & Gay Whitman

Printing: Nancy Joyce

Mailing: Linda Cooper, Serge Harris &

20-25 PASC volunteers

March/April Trips

PORT TOWNSEND AERO MUSEUM

Thursday, March 14

The Port Townsend Aero Museum preserves aviation history in the Pacific Northwest. This collection includes a variety of antique and classic airplanes. The tour of the facility will give you a glimpse into the restoration projects the museum produces in-house. The Aero Museum is a very well established airplane museum, displaying more than just airplanes. Their world-class aviation art collection provides a stunning survey of military and civil flight history. The art gallery is a must to see! They also display an extensive model collection. Lunch (on your own) will be at the Spruce Goose Cafe. After lunch you will have time to browse shops in downtown Port Townsend.

\$29 M, \$34 AM, \$45 NM Depart 9:30 AM TA DL 3/7

PIA THE PEACEKEEPER & BAINBRIDGE ISLAND MUSEUM OF ART

Thursday, March 28

Discover the contemporary art & craft of the Puget Sound Region with a visit to the Bainbridge Island Museum of Art. Exhibitions feature recognized masters and emerging artists that are sure to leave you inspired by their striking work and thought-provoking themes. There will be time to have lunch (on your own) and do some shopping and browsing at Town and Country. This trip is highlighted by a stroll to the troll. Visit Pia the Peacekeeper, nestled in Sakai Park. Pia is one of seven Thomas Dambo trolls in the Northwest. **Be prepared for walking and wear comfortable shoes!**

\$21 M, \$26 AM, \$37 NM Depart 9:00 am T DL 3/22

CLEARWATER CASINO

Wednesday, April 10

Suquamish Clearwater Casino, across the Bay from Seattle, offers the best of all worlds. A glittering casino packed with slots, table games, poker events and keno. Enjoy fast-paced casino play and satisfying cuisine! Lunch on your own at the Casino.

\$19 M, \$24 AM, \$35 NM Depart 8:30 am T DL 4/4

LAKE CRESCENT

Monday, April 29

What could be more relaxing than a trip to Lake Crescent? Sit by the lake with a book, take a walk to beautiful Marymere Falls or enjoy the "Moments in Time Trail". Pack some snacks or enjoy breakfast (served until 10:30 am) in the restaurant (on your own). Don't forget the gift shop at the lodge for unique items.

\$12 M, \$17 AM, \$28 NM Depart 8:00 am T DL 4/23

**Tickets for March/April trips go on sale
Friday, March 1.**

**Coming Soon! Bloedel Reserve and a matinee play
at the Jewel Box theater in Poulsbo.**

More info in the April newsletter!

★3★

TRIPS TRIPS TRIPS! JUST A REMINDER

TRIP SIGN UP - Sign up is available at the PASC front desk according to posted dates. You may sign up one other person for a trip, provided you have the person's name, membership and telephone numbers.

REFUNDS - Traveler is eligible for refund if trip is cancelled before deadline date, unexpected illness or if their spot can be filled by someone on the waiting list. No shows or late arrivals will result in forfeiture of monies paid. Refunds are usually made by check once a month after trip has been completed.

RETURN TIMES - Due to many variables that can affect a trip's return time, we suggest not making any "must be there" post trip plans.

EVERYONE - Please do not use cologne, after-shave, perfume, etc. when on trips, in classes, and PASC public areas, in consideration of others.



HELP FUEL THE CENTER

PASC depends on volunteers for the operations and programs of the Center. We are blessed by and grateful for those who assist in this undertaking.

The fuel tank of volunteers is running low. PASC needs volunteers in several areas-Crafty Corner, Reception Desk, Coffee Lounge (servers and bakers), Front Desk and more. If you can spare a few hours a week, please stop by the Front Desk to complete a Volunteer Application. Help us get the fuel tank of volunteers back up to FULL.

BOOKKEEPING VOLUNTEER

Port Angeles Senior Center is recruiting for a Bookkeeper. Previous bookkeeping/accounting experience and Quickbooks Online knowledge is a must. You will be responsible for recording Cash Receipts and preparing Checks to our vendors. Additional duties may be assigned. This volunteer position will work directly with the PASC Board Treasurer. If interested please pick up a Volunteer Application at the Front Desk.



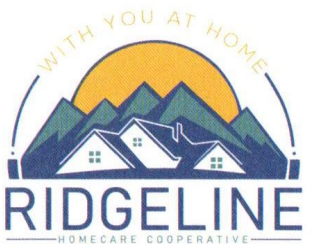
MASKS ARE OPTIONAL

We will still have masks available for anyone that needs or wants one.

*Certain service groups or programs may still require a mask to access services. We will provide additional information as we receive it.

IF YOU DON'T FEEL WELL - STAY HOME AND TAKE CARE OF YOURSELF!

For the protection of yourself and others, please stay home when you don't feel well. **THANK YOU!**



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**VOLUNTEER HOSPICE DEATH CAFE
"TEA TO DIE FOR"****Wednesday, March 27, 4 to 5:30 PM**

Volunteer Hospice (VHOCC) is continuing in-person Death Cafe meetings at the Senior Center. In collaboration with the Senior Center, these informal facilitated discussions are called "Tea To Die For," and are held at teatime, from 4 to 5:30 pm, on the 4th Wednesday of every month. They provide attendees the opportunity to discuss topics related to the end of life, death, dying, and the grieving process. For more information, call 360.452.1511. Please be advised that these are open discussions, and they are not grief support or counseling sessions.



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**NEW HOURS
CC OPEN**

M-TH 11 AM - 3 PM
Supervised independent use of the Center's PC computers. Not available during classes.

**VOLUNTEERS
NEEDED!**

The CC is looking for volunteers.

- ☐ General Tutors & Registration
- ☐ Desk Volunteers always needed

**1 on 1
TUTORING
IS NOW
AVAILABLE!**

One-on-one tutoring is now available for iPhone, iWatch, iPad, Apple laptops, android phones, and P.C.'s for \$10 per hour!

Please visit the Computer Center on the second floor, room 201, or call 360.457.7004 for appt.

***NEW* COMPUTER KNOWLEDGE CLASS
FOR MORE INFO CALL MONDAYS, 11-1:00**



BABY IT'S COLD OUTSIDE!

The Port Angeles Senior and Community Center will follow the **local school district's inclement weather policy**. If Port Angeles schools are closed then we will be closed. And if they are on a two-hour delay then our building will open at 10:30 am. In the event of a two-hour delay, the building will be open, but all classes, programs and events will be subject to the discretion of instructors and program leaders. KONP 1450 AM, 101.7 FM, KSTI 102.1, & KSQM 91.5

Questions for Retirees

The Markets are currently experiencing volatility. The Fed has raised interest rates. We are in a transitional period.

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"Are you happy with the rate of return you are getting on your savings at the bank?"

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★5★
Community Bulletin Board

**INFORMATION & ASSISTANCE
WITH HOME & COMMUNITY BASED
SERVICES FOR SENIORS**

Thursday, March 21, 10 AM - Noon

Every 3rd Thursday of the month, a specialist from Olympic Area Agency on Aging (O3A) will be available from 10 a.m. to noon in the small office near the front desk. They will provide in-person consultation to answer questions about in-home care service options. The representative will assist with filling out forms for Department of Social & Health Services (DSHS) programs such as food assistance (SNAP), in-home care services, etc., and offer referrals for other inquiries. This is on a first-come, first-served basis, and time is limited to 30 minutes per drop-in. For more information, please call the O3A Sequim office at 360.452.3221, ext. 2920.

SHIBA

The Statewide Health Insurance Benefits Advisors (SHIBA) program is a program of the Washington State Office of the Insurance Commissioner consumer protection services. Locally, SHIBA is sponsored by the Olympic Area Agency on Aging.

Our volunteer advisors are trained to give you the latest **Medicare** information. We provide up-to-date, unbiased information to help you to make informed decisions. Our assistance is always free and confidential with no obligations. We're not associated with any insurance company. We don't sell anything because we have nothing to sell!

If you need help navigating Medicare, please come and see us at one of our free, first come first served, walk in clinics. We are available at the Port Angeles Senior Center on the 2nd and 4th Fridays from 10AM to noon.

Our volunteer advisors can help you:

- Assess your Medicare related health care coverage needs.
- Determine your general eligibility for Medicare related coverage programs.
- Evaluate and compare Medicare related insurance plans and programs.
- Provide enrollment help with Medicare.
- Speak with 1-800-MEDICARE on your behalf.
- Make referrals to other agencies and programs.
- Collect and report possible Medicare fraud complaints.

To contact us by telephone, call 1.800.562.6900.

SENIOR LEGAL ADVICE CLINIC (SLAC)

SLAC sponsored by Olympic Area Agency on Aging (O3A) offers seniors aged 60 years and older free, half hour legal consultation with a practicing attorney regarding civil legal issues by appointment only at the Port Angeles Senior Center. SLAC Clinics are between 9:30 a.m. and noon. Appointments are available on a first come, first served basis, and fill up quickly. Wait lists are available for cancellations. Please call Olympic Area Agency on Aging (O3A) at 360-452-3221 for more information or to make an appointment.

March 6 - Wednesday - James Rodriguez, attorney
March 20 - Wednesday - James Rodriguez, attorney
March 25 - Monday - Mark Mullins, attorney
April 22 - Monday - Mark Mullins - attorney

**FREE TAX-AIDE SERVICE AVAILABLE
AT THE SENIOR CENTER!**

Need help with your taxes? IRS-certified AARP TAX-AIDE volunteers are available again this year to prepare and electronically file your tax returns at the Port Angeles Senior Center. This service is free of charge. The volunteers will be available on Mondays, 9 am - 3 pm throughout the tax season February 5th through April 15, 2024.

The TAX-AIDE volunteers are authorized to prepare most basic tax returns for low-and-middle-income taxpayers. They do not prepare returns for taxpayers that have income from rental properties, or for taxpayers with complicated business returns.

Although the TAX-AIDE program is sponsored by the IRS and the AARP Foundation, you do not have to be an AARP member to benefit from this free service. TAX-AIDE is available for taxpayers of ALL ages.

Taxpayers should **BRING THE FOLLOWING** with them to their TAX-AIDE appointment:

- ✓ Photo ID (REQUIRED)
- ✓ Social Security cards for the taxpayer, spouse, and all dependents (REQUIRED)
- ✓ Copy of 2022 tax return
- ✓ W-2 from each employer
- ✓ All 1099 forms (1099-INT, 1099-DIV, 1099-B, 1099-R, 1099-MISC, SSA-1099, 1099-G, 1099-C, etc.). These include interest, dividend, stock sale, retirement, self-employment, Social Security, unemployment compensation, and cancellation of debt.
- ✓ Form 1095-A, health insurance Marketplace statement, if you received one.
- ✓ A check or bank document with your bank account numbers, if direct deposit desired.
- ✓ Any other documents necessary to complete your 2023 return.
- ✓ An appointment is required. To make an appointment, contact the Senior Center volunteer staff at 360.457.7004.

POWERFUL TOOLS FOR CAREGIVERS

A "Powerful Tools for Caregivers" class starts Tuesday, March 5th and runs weekly until April 9. This class helps caregivers to learn new strategies for self-care, emotional balance, communication and confidence. The class is from 10am-12:30 and the cost is \$30 for the textbook. For more information or to register, contact the class leaders, Jean McDonald 360.789.7691 or Lorrie Aillaud 360.460.9907.

DISABLED AMERICAN VETERANS

Wednesdays, 8:30 AM - 2 PM, at PASC, APPT ONLY

The DAV will be providing in-person counseling services for veterans and widows/widowers of veterans every Wednesday in the small office near the front desk. Appointments will be 1 hour in length with the last appointment taken at 12:30 PM. Requested protocols include masking and social distancing.

The DAV representative will be certified and able to have access to veteran records upon the consent of the veteran. Call the Port Angeles Senior and Community Center front desk for an appointment

PASC Activities

ACTIVITIES THIS MARCH			
Date	Day	Time	Names
3/4	Mon	9 am	New Members Breakfast
3/4	Mon	1 pm	Senior Singers
3/4	Mon	1:30-3	Community Partners Spotlight Feiro Marine Life Center
3/11, 25	Mon	Noon-2	Coloring for Adults
3/12	Tue	9:30 am	PASC Board Meeting
3/15	Fri	10 - 2	Crafty Corner Sale
3/15	Fri	11:30-1	St. Patricks Day Lobby Party
3/18	Mon	4:30-6:40	Paint & Sip
3/26	Tue	1:30-4	Bunco Fundraiser
3/26	Tue	2-3 pm	Blood Pressure Check
3/27	Wed	4-5:30	Volunteer Hospice "Tea to Die For"



FIT FOR LIFE - GOING STRONG

Tuesdays, Wednesdays & Thursdays, 9 - 10 AM

This all around workout will make you feel ready to take on your day! Fun and easy to follow low-impact aerobics with intervals of strength and balance exercises to improve cardiovascular health, balance, muscular strength and endurance. \$5

Instructor: Elyse Grosz

A portion of the class fee benefits PASC programs.

KRIPALU YOGA

Wednesdays and Saturdays, 4:00 - 5:30 PM

Our yoga sangha continues to grow thanks to our Senior Center!

Wednesday's class will continue to be an energetic class, with moderate postures at a faster pace. Wednesday classes will support seasoned practitioners with a knowledge of yoga, yet appropriate for all yogis wanting a more vigorous practice.

Saturday's class will continue to be a gentle, well-rounded practice suitable for all bodies.

First Saturday of every month is Restorative Yoga or a Yoga Nidra. These classes are slower paced with a focus on breath. Restorative yogas fully support the body, so we can release all tension and stress.

As usual, these classes are offered FREE with donations being humbly accepted.

FUN IN FUSION BELLY DANCING

Fridays, 2 - 3:30 PM

\$4 per class for members \$5 for non-members

We belly dance! We workout using belly dance moves and techniques. Free style as well as choreographed dance to follow. I believe that music triggers memory. My goal is to fusion belly dance with current and traditional music. So that what we all hear in the future may trigger a memory of us. Me? I am a brand new instructor with lots of life long experience. I know how to move it, and I am so excited, so let's move it!

WEEKLY ACTIVITIES & CLASSES

Day	Time	Names
M-Th	10 am-2 pm	PASC Gift Shop Open
Tue	1:30 - 3:30	Guided Autobiography (Except 3rd Tuesday of month)
Wed	8:30-2 pm	DAV Service Officers - see pg 5
	10am-Noon	Writers Group
	1 - 3 pm	Uke Strummers
	1:00 - 3:00	Guided Autobiography
Thu	9:30 am	Round Table Discussion
	Noon-3 pm	Chinese & American Mah Jongg lessons & play
Fri	9am -12:15	Watercolor Painters

COMPUTER CENTER

Date	Day	Time	Names
Your day	M-Th	11 am-3 pm	Open Lab
Your day	M-Th	Your time	Tutoring

MARCH TRIPS

Date	Day	Time	Names
3/14	Th	9:30am	Port Townsend Aero Museum
3/28	Th	9:00am	Pia the Peacekeeper & Bainbridge Island Museum of Art

MEDITATION 101 CLASS:

Discovering Tranquility Within

Tuesdays at 2:30p - 3:30p - through March 19

Embark on a journey to inner peace. In this beginner-friendly course, you'll be introduced to the art of meditation, unlocking the door to a calmer mind, reduced stress, and enhanced overall well-being.

NEW CHAIR YOGA

Wednesdays, 12:30 - 1 PM

Chair yoga is a gentle form of yoga that is practiced while seated in a chair or using a chair for support. It offers a modified approach, making it accessible for individuals with limited mobility, balance issues, or those who prefer a more relaxed practice. People of all fitness levels can experience the benefits of yoga without the need for a mat or complex poses.

CHAIR EXERCISE

Mon/Wed/Fri, 9 - 10 AM

Designed to provide a workout for nearly every muscle in the body! Exercising in a chair is surprisingly more challenging than one would think.

This video instructed class is suitable for everyone. Check with your doctor prior to beginning any exercise class.

Activities for March 2024

WEEKLY CARDS & GAMES

Day	Time	Names
Mon	10 am - Noon	Euchre (we are willing to teach)
Mon	12:30 - 4 pm	Pinochle Single Deck
Tue	10 am - 2 pm	Pegs/Jokers Game Play
Tue	12:45-4 pm	Pinochle Double Deck
Thurs	12:30-4 pm	Pinochle Double Deck
Thurs	12:30 - 3 pm	Bingo
Wed	12:15-3:30 pm	Progressive Contract Bridge
Thurs	Noon - 3 pm	Chinese & American Mah Jongg
Fri	Noon - 3 pm	Hand & Foot (TBA)
Fri	12:30 - 4 pm	Pinochle Single Deck
Sat	12:30 - 3 pm	Cribbage

SUPPORT GROUPS

Date	Day	Time	Names
3/11	Mon	9:30-11:30am	Alzheimer's Caregivers
3/19	Tue	1-3 pm	Grief Support Group
3/26	Tue	1:00-2:30pm	Parkinson's Support Group

ALZHEIMER'S CAREGIVER SUPPORT GROUP

Monday, March 11, 9:30 - 11:30 AM

The Port Angeles Alzheimer's Caregiver Support Group for caregivers, family members and friends of those suffering from memory loss meet once a month.

There will be a meeting on the second Monday of each month from 9:30 - 11:30 am.

You may contact Judi, the group facilitator, for further information at 989.255.8399 or judioden@gmail.com

CAREGIVING SUPPORT GROUP

CAREGIVER SUPPORT GROUP NOTICE: Due to the Powerful Tools for Caregiver class that is offered from March 5th - April 9th, the regular Caregiver Support Group will not be meeting during that time. Please consider signing up for the Powerful Tools class or you can contact Jean McDonald at 360.789.7691 to arrange to meet at another time.

PARKINSON'S SUPPORT GROUP RETURNS!

Tuesday, 1 - 2:30 PM, March 26

The Parkinson's Support Group is returning with a new day and time. They will meet on the 4th Tuesday of every month. Celeste Meier is the moderator.

*Parkinson's Disease Essentials will be presented by Jen Gillick from the American Parkinson's Disease Association at the PA library in the Carver Room on March 7th, 5:15 pm.

HEALTH & FITNESS

Date	Day	Time	Names
Wkly	Mon	9-10 am	T'ai Chi for Seniors
Wkly	T/W/Th	9-10 am	Fit for Life
Wkly	Tue	2 pm	Strength & Balance Class
Wkly	Wed	12:30-1 pm	*NEW* Chair Yoga
Wkly	M/W/F	9 am-10 am	Chair Exercise
Wkly	Wed Thu	12:30-3:30 2-4 pm	Line Dance Beginner + Hi Intermediate
Wkly	Thu	9-10 am	Qi Gong - FREE
Wkly	Fri	2-3:30 pm	Fun in Fusion
Wkly	Fri	2 pm	Strength & Balance Class
Wkly	W&Sa	4-5:30 pm	Kripalu Yoga

SPORTS

Date	Day	Time	
Wkly	M	10:15- 1 pm	PB During tax season
Wkly	T/Th/F	10:15-2 pm	Pickleball
Wkly	Wed	10-12:30pm	Pickleball

PINOCHLE - NEW HOURS

Single Deck - Mon & Fri, 12:30 - 4 PM
Double Deck - Tue 12:45 - 4 PM & Th 12:30 - 4 PM

PROGRESSIVE CONTRACT BRIDGE

Wednesday, 12:15 - 3:30 PM Play starts at 12:30 PM
Beginners welcome, Rules taught
Learn to play, Play to learn
Special topics on first Wednesday

CRIBBAGE

Saturdays, 12:30 - 3 PM, Doors lock at 12:25!

Interested in playing? Want to learn how? We will teach you!
Already know how? Looking for a place to play?

This is the place! See you Saturday!

EUCHRE ANYONE?

Mondays, 10 AM - Noon in the craft room!

Would you like to learn a new fun and fast paced card game? The group of current Euchre players are looking for new players AND ARE WILLING TO TEACH! It is easy to learn and a truly fun game! If you are interested please contact the Senior Center and someone will contact you.

GRIEF SUPPORT GROUP

Tuesday, March 19, 1-3 PM

Rhonda Hull, Ph.D. from Assured Hospice (360.582.3796) will be leading a grief support group at PASC on the 3rd Tuesday of the month upstairs in the conference room from 1:00 - 3:00 PM. Reach out to Rhonda with questions at Rhonda.Hull@lhcgroupp.com.

★8★
Etc. Etc. Etc.



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Port Angeles, WA 98362



**POLITICAL DISCUSSION GROUP
SEEKS MEMBERS**

Thursdays, 9:30 AM - Noon

The group meets from 9:30 am to noon on Thursdays in the second floor's northeast room. Join the Port Angeles Community & Senior Center Political Group via Zoom! The Zoom link can be found on the City of PA website under Senior Center "Hybrid programs". "We invite anyone who wants to contribute to the current political discourse while learning from others in the group," said Kendall.

WATERCOLOR PAINTERS

Fridays from 9:00 AM - 12:15 PM

Water color group meets Friday's!
No instructor, just folks working on their own projects.
Come join us!

CHARITY SEWING

Thursdays, 9:30 AM - Noon

Charity Sewing is for anyone who wants to contribute to needy people, both locally and worldwide.
New ideas welcome. You don't have to know how to sew to help make a difference. Please contact Connie if you are interested or if you have ideas to share: connie_panike@yahoo.com



Jim's Pharmacy is offering FLU SHOTS

Protect your health with a seasonal flu shot.
Available at Jim's Pharmacy!
No appt necessary. Regular Quadrivalent or Hi-Dose available for ages 65 & over.
We bill Medicare part B, Medicaid and most private insurances. Please bring all medical cards for billing and face mask is required.

We also have the new Bi-Valent/Omicron BOOSTER vaccines! Pfizer and Moderna, **while supplies last. Shipments are trickling in. You are welcome to call the store to make sure we have it in stock before arriving at 360.452.4200, option 5 for the pharmacy.**
Pfizer for ages 12 & older, Moderna for ages 18 & over. As long as it has been at least 2 months since your last booster or at least 2 months since your 2nd dose of your primary COVID vaccine series.

Other vaccines also available such as Pneumonia, Tdap, Gardasil, Meningococcal, ShingRix, MMR, Hep A & Hep B, and more!

Your partner in health!



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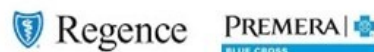
KOFFEE KORNER NEWS!

Drumroll, please! Thanks to all who submitted a name suggestion in our "name the coffee lounge" contest. A big shoutout to Charlette Patterson, whose suggestion "Koffee Korner" won our naming contest! Charlette will enjoy a month of free beverages—congratulations!

Exciting changes are brewing at Koffee Korner starting on 2/15/2024 with a new menu featuring breakfast delights and sweet treats. Stop by the Koffee Korner to check out the new menu as of February 15th!

A heartfelt thanks to our supportive customers. We're eager for your continued support as we unveil the new menu. Share your suggestions with our friendly volunteers, and if you are keen on joining our awesome team, grab an application at the Front Desk. Here is to new beginnings at Koffee Korner!

Mary Patzman
360-452-2314



- * Medicare Advantage Plans
- * Medicare Supplements / Medigap
- * Prescription Drug Plans – Part D

Classes & Activities

WRITER'S GROUP Wednesdays, 10 AM - Noon

Self-assessed as "Good Enough" to find JOY in the act of writing. Share. Inspire. Challenge. Explore. Listen. Two prompts weekly. One now, other for following week.

Our Writer's Group is a self-directed and caring group. We have fun exploring writing in different genres and styles in all kinds of prose and poetry. You can write about anything in your own way here. Come in for a visit or to write. Bring your pencil, pen and paper or your favorite device for creative composing. Note: This is NOT a critique group!

PASC LINE DANCE! Instructor: Jerie Louie Beginner/Hi-Beginner Class - Wed: 12:30 - 3:30 PM Intermediate Class - Thurs: 2 - 4 PM

Line Dance is fun and challenging exercise to music of all kinds. Shaking your booty is remarkably healthy! It can boost your memory and coordination, reduce stress, improve your outlook, and grow your social circle. Fee per class: \$4. A portion of the fee benefits PASC programs.

SENIOR SINGERS ARE HERE!!!

Time to warm up the pipes and get ready for another season of bringing smiles to the people in memory care, assisted living and nursing homes. We will get together on March 4th at 1 pm in the lounge addition at the center. Everyone who likes to sing is welcome to join in our group. No experience needed. We meet the first Monday of each month to practice and then go out to perform at different places during the month. The more voices, the better we sound so come join us. For info, call Tammy at 360.460.9175.



COLORING GROUP FOR ADULTS 2nd & 4th Mondays, Noon - 2 PM, March 11 & March 25

Bring your books, color pencils, color gel pens, crayons... and help us make the world a more colorful place! No experience needed to enjoy this relaxing and stress-free craft.

NEW STRENGTH AND BALANCE CLASS Tuesdays & Fridays, 2 PM. \$5 per class

What do you say to yourself about where you are at in your health journey? Learn how to OFFSET age-related decline in the new Strength and Balance class on Tuesdays and Fridays at 2 p.m. Improve your balance, increase your bone density, decrease risks of osteoporosis, regain lost muscle mass, move your joints, and sharpen your cognition! All ability levels are WELCOME to train and restore your confidence and vitality!

TAI CHI Mondays, 9 - 10 AM

Increase your strength and balance! Patty will teach this Tai Chi class at PASC each Monday from 9am to 10am. Patty has practiced Tai Chi for more than 30 years. This class is by donation.

QI GONG - FREE Thursdays, 9 - 10 AM

Class preparation is simple. Wear loose, comfortable clothing. People can practice in shoes, socks or bare feet. For more comfort, bring a yoga mat or blanket to stand on. We will learn a Qi Gong form known as "Essence Qi Gong" which is mainly standing in one place with gentle movements.

Classes are Thursdays for approximately 1 hour starting at 9 am. If you are not a member of the Senior Center, then a donation for each class attended is appreciated to help pay for the cost of the facility.

Leading the class is Andy Brastad, a certified instructor of Essence Qi Gong and Awakening Light Qi Gong who has been practicing Qi Gong for ten years.

Contact Andy at andybrastad@gmail.com if you would like more information.

MAH JONGG MAVENS

Thursday, Noon - 3 PM, Lounge

Learn a new game. Mah Jongg is great exercise for the mind. We teach both Chinese and American style. Join our fine group of men and women now! PASC Members **FREE!**



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Enhancing and supporting a healthy living lifestyle in a comfortable, secure setting designed for easy navigation, while socializing with our planned daily activities while providing 24-hour licensed nursing care (RN's & LPN's).

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Day Stay Respite Services and Overnight Respite Services offered and provided for family members to take time for themselves and give your MIND & BODY A REFRESH & RESET..... call to learn more about these services.

360-582-9309

651 Garry Oak Drive
Sequim, Washington

Scan to take the
Virtual Tour!



★IO★
March Birthdays

1	Kathleen Bedford Mark Carpenter Armondo Gonzales Shiow Shin Ledger-wood
2	Raymond Land Alan Jones
3	Rachel Cook John Noll
4	Joan Baker Lucille Celestino Dan Fous Nancy Richards
5	Jim Borte
6	Pat Donovan Tammie Morgan Bobbie Thompson William Webber
7	Tinka Temkova
8	Cathy Benzler Sharon Hittner Pamela McEvoy Betsy Robins Don Taylor Anna Willms
9	Irvin Wright

10	Bruce Rothweller William Cunningham Deborah Hanson Dorothy Holman Carla Howe Perry Lachner Fred Manzer
11	Larry Etherton
12	Patti Got Purificacio Heacock
13	Nancy Hilt Kathy Sculley Pat Walker
14	Eva Hennings Chris McDonald Ray Silcox
15	Jeannine Arthur David Brewer Jerilyn Dille Sharon Pichler
16	Susan Allen Pat Anderson Karen Epler Linda Faires Betsy Fuller Linda Johnston Claudia Ryan
17	Jan Baertschiger Signe Crawford

18	Judy Haggerty
19	Kate Carter Michael Jacobson
20	Ron Martinez Linda Merth Kathleen Ninneman Winnie Sheldon
21	Rodolfo (Rudy) Casares Andrea Williams
22	Barbara Foulks Anna Manildi Nancy Silcox
23	Timothy Hill Anna Lee Smith
24	Diane Marks DeAnna Stossel Sarah (Sally) Sturde- vant

25	Joe Breznau Nicholls Melanin Amy Powell Julie Smith Henty Warren
26	Joanne Eagan Kenneth Vail
27	Carolyn Depper- schmidt Janet Erickson
28	Thomas Mitchell Ava Ysland
29	Beth Bower Darlene Jones
30	Cindy Clark Bill Herber Patricia Nachreiner
31	Chill Lefler Sam Minkoff

"Learn from yesterday, live for today,
look to tomorrow, rest this afternoon."
— Charles M Schulz



**"BOOKED FOR MURDER"
MYSTERY BOOK CLUB
Friday, March 8, 2 - 4 PM**

We meet every month on the second Friday, 2-4 PM to discuss selected mysteries. Join us in the conference room for our get together. Everyone will have the opportunity to share their likes and dislikes of this genre. We will narrow down the usual suspects and not-so-usual suspects and make our book selections from the evidence.

We will discuss **"St Patrick's Day Murder"** by **Leslie Meier** this month. The April book selection is **"Banking on Death"** by **Emma Lathem**

BLOOD PRESSURE CHECK

Tuesday, 2 - 3 PM, March 26

A registered nurse from Park View Villas is helping us monitor our blood pressure - FREE! Come into the PASC and roll up your sleeve on the fourth Tuesday of every month! The goodies are delicious!

Thank You, Park View Villas!



We help families prepare for the biggest unfunded risk in retirement, Long-Term Care. We put together strategies where your hard-earned retirement savings are protected.

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Ph: 360-943-9698
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Port Angeles, WA 98362
Ph: 360-928-8489



Notice: We do not offer every plan available in your area. We currently represent 10 organizations which offer 49 products. Any information is limited to those plans we do offer. Please contact Medicare.gov or 1-800-Medicare to get information on all of your options.

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Coastal Community Action Program



Coastal Community Action Program

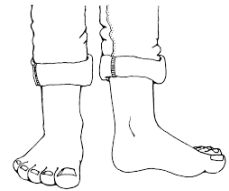
Lunch Menu March 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ALL MENU ITEMS SUBJECT TO CHANGE	Suggested Donation \$4 Under 60 Must pay \$8	Lunch is served Mon-Fri between 12p and 1p. All menu items are subject to change.	John Wayne Casserole Mexicali Corn Caesar Salad Fruit
Sausage Gravy O/Biscuit Stewed Tomatoes Fruit cup Juice	Cheese Burger w/ Lettuce, Tomato & Onion Pasta Salad Fruit	COOK'S CHOICE 	White Chicken Chili Corn Bread Caesar's Salad Fruit	Tater tot Casserole Broccoli Salad Fruit
Scalloped Potatoes w/Ham Nantucket Blend Coleslaw Juice	Breakfast Pancakes, Sausage & Eggs Fruit Juice	Chicken Dish Day 	COOKS CHOICE Beef Stew	St Patrick's day Corned Beef w/Cabbage Carrots Potatoes Fruit
Chicken Fried Steak Winter mix Veggies Parm Bean Salad Fruit	COOKS CHOICE 	Roast Turkey Peas & Cauliflower Green Salad w/Tomato Fruited Jello	Reuben Sandwich Carrot Raisin Salad Fruit Cup Juice	Fish Patty w/ Quinoa Italian Veggies Coleslaw Juice Roll
Chicken Enchilada Nantucket Blend Pea Salad Fruit	Spaghetti w/ Garlic Bread Green Beans Green Salad Fruit Cup	Meatloaf w/Mashed potatoes & Gravy Malibu Veggies Cooks choice salad Fruit	Potato Sausage Casserole Brussel Sprouts Salad Fruit	Chef Salad Fruit Juice Roll

REMINDER

Please refrain from wearing perfumes, colognes, scented lotions, or any other strongly scented products when visiting the center. This will help individuals with sensitivities, allergies, and respiratory conditions who might be negatively affected by strong scents. By keeping our environment fragrance-free, we create a welcoming and inclusive atmosphere for all.



FOOT (& HAND) CARE BY DAOSA

Nail and foot care for hands and feet.
 Call Daosa at 951.442.9566 for appointment and cost information.



BUNCO FUNDRAISER

Tuesday, March 26, 1:30 - 4 PM

Join us for Bunco to raise money for senior programs. Mark your calendar for Tuesday, February 27 at 1:30 PM in the craft room. \$5 at the door.

NEW GROUP SCIENCE & SCI-FI GROUP Mondays 10 AM - 12 PM



Glen Barbieri, a veteran, natural philosopher, and self-published member of PASC's Writer Group, is starting a science and sci-fi group at PASC. The group's format is open to negotiation, and everyone is welcome!

COMMUNITY WALK

Saturdays, 9 AM, (weather permitting)

The group meets up at Hollywood Beach at 9 am and walks for 1 hour. Everyone walks at their own pace but no one walks alone.

REIKI WITH SUSI

Are you anxious or nervous about something? Would you like some relaxation? Let reiki do its magic for you. Reiki is a calming treatment that will leave you feeling focused and serene.

All you have to do is take your shoes off and let the peace of reiki do its wonder from your head to your toes. Reiki is also good for pain reduction. Susi is a certificated master reiki practitioner. If interested in a reiki session, call the reiki lady! Susi Cates at 360.452.2610 - \$10 for 45 min. Offered Mondays and Tuesdays.

Port Angeles Senior Center
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Port Angeles WA 98362
Tel: 360.457.7004
www.portangelesseniorcenter.com

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***Port Angeles Senior Center
53 Years: Service to Seniors***



March 10

Turn your clocks forward one hour



IS YOUR MEMBERSHIP DUE?

We greatly appreciate your continued support!
Thank you to everyone that has mailed in
your membership dues.

MISSION STATEMENT

The mission of the Port Angeles Senior Center Board of Directors is to develop and manage programs to encourage physical, intellectual, emotional and social well-being for persons 45 and older in a safe and open environment.